

Tips to Treat Seasonal Allergies in Kids

Spring blooms bring an increasing number of students to the nurse's office with complaints of itchy, puffy eyes, stuffy nose and sneezes. Before you start any treatment, visit your pediatrician to determine for sure allergies are causing the problem. Once confirmed, you can use the following tips to manage allergy symptoms for your child. [More...](#)

Bleeding Disorders Awareness Month

More than three million Americans live with hemophilia, von Willebrand disease, and other rare bleeding disorders (called rare factor deficiencies). All of these conditions prevent the blood from clotting the way that it should, which can lead to prolonged bleeding after injury, surgery or physical trauma. There are some signs and symptoms, according to the Centers for Disease Control and Prevention which include:

- Bleeding into the joints, causing pain and stiffness
- Bleeding after common procedures like dental work, shots or vaccines
- Blood in the urine or stool
- Frequent, hard-to-stop nosebleeds
- [More...](#)

Adolescents and Anxiety

In a recent article from the New York Times, anxiety has overtaken depression as the most common reason adolescents seek counseling in the last decade. While it's difficult to tease apart how much of the apparent spike in anxiety is related to an increase in awareness and diagnosis of the disorder, many of those who work with young people suspect that what they're seeing can't easily be explained away. [More...](#)